



Space Observer

Wednesday, July 3, 2002

Peterson Air Force Base, Colorado

Vol. 46 No. 25



Remember

'4 Ds' over the 4th

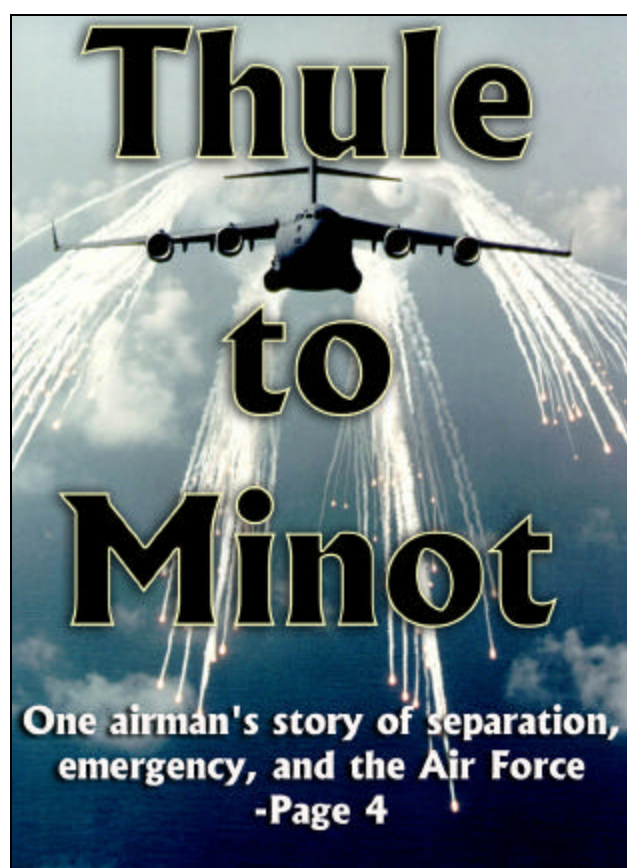
DUMB, DANGEROUS, DIFFERENT, DULL ...

SAFETY REMAINS PARAMOUNT DURING HOLIDAY WEEKEND

-PAGE 3

Photo by Staff Sgt. Josh Clendenen

Thule to Minot

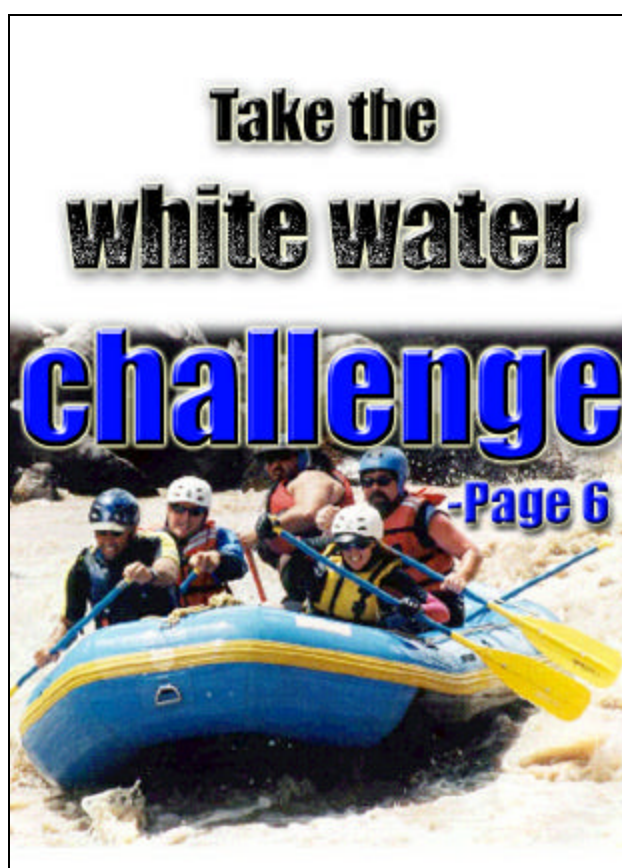


One airman's story of separation, emergency, and the Air Force

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U.S. Air Force photo

Take the white water challenge



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Courtesy photo

Pedal Pushers



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Photo by Master Sgt. D.K. Grant

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Forget for Success?

By Brig. Gen. Duane Deal

21st Space Wing Commander

As part of their “Walk the Talk” series, some 20 years of research and publications led business consultants Eric Harvey and Steve Ventura to produce a notable booklet called *Forget for Success*. While other books seem to give prescription after prescription of how to “do” things, this simple and targeted book focuses on things we should “not do” as we search for excellence.

One concise list at the end of the book seemed to sum up the many brilliant pages which preceded it, and is worth sharing for you to contemplate in your pursuit of success and excellence.



Important words to forget

- 10 words to forget: “It doesn’t matter what I do—I’m only one person.”
- 9 words to forget: “I’ll change just as soon as everyone else does.”
- 8 words to forget: “Do as I say, not as I do.”
- 7 words to forget: “That’s their opinion ... what do they know?”
- 6 words to forget: “Because I said so, that’s why.”
- 5 words to forget: “I win and you lose.”
- 4 words to forget: “It’s not my job.”
- 3 words to forget: “I don’t care.”
- 2 words to forget: “Those people.”
- 1 word to forget: “Me”

As you consider these—just like you should do with our Core Values—the authors remind that these people practices don’t apply just in the work setting—try it in your personal lives as well as you strive to “walk the talk.”

Gen. Lord’s 4th of July message

Remember what the 4th is all about

By Gen. Lance Lord

Air Force Space Command Commander

Independence Day is a day of celebration – a time when families and friends gather to spend quality time with one another. It is also a day of remembrance – a time when we reflect on the courage that brought 56 men from 13 states together to sign our Declaration of Independence. More than 225 years ago a group of visionaries put forth their idea for a democratic nation. They pledged their reputations and their lives to a republic founded on the principle of freedom.

As military members, we are charged with protecting that vision. We often hear that the price of freedom is not free and the events of

September 11th have reminded us just how true that is.

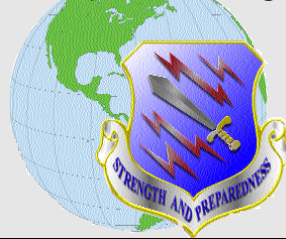
Now more than ever, we know that this responsibility is not just a lofty concept, but a real mission. We are America’s guardians, keepers of the flame of liberty. Know that when you report for duty – whether it is to an operations center or a dining hall, whether at home station or a deployed location – you are serving your country and all it represents.

As you spend time with family and friends this holiday weekend, be mindful of the legacy we are charged with preserving. I’m proud of the work you do every day to that end.

I want to make sure we’re all preserving a personal legacy as well. By that, I want each of us to look out for each other during this statistically dangerous time of year.

Beccy and I hope you enjoy the long weekend, but please think about safety when you celebrate.

21st Space Wing



GSU At a Glance



Unit: 18th Space Surveillance Squadron

Location: Edwards Air Force Base, Calif.

Mission: The 18th Space Surveillance Squadron is responsible for command and control of three Ground-based Electro-Optical Deep Space Surveillance Systems located at Detachment 1, Socorro, N.M.; Detachment 2, Diego Garcia, British Indian Ocean Territories; and Detachment 3, Maui, Hawaii. The unit also provides command and control for the Moron Optical Space Surveillance System, or MOSS, a stand-alone system located at Detachment 4, Moron, Spain.

Besides providing staffing support and quality assurance management to a work force of more than 150 military and contractors at the worldwide detachments, the unit began operating the Optical Command, Control and Communications Facility, or OC3F, in February 2000.

The OC3F is the centralized node for the control of the 18th SPSS optical detachments around the world. The GEODSS and MOSS sites play a vital role in tracking some 2,000 objects in space, all of which are at least 3,000 miles from the Earth’s surface.



Courtesy photo

Check 1,2,3

Staff Sgt. Jose Venegas, 18th Space Surveillance Squadron, performs communication line test using a firebird.



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A Moment in Time: July



■ On July 10, 1910, Walter Brookins becomes the first airplane pilot to fly at an altitude greater than one mile.

■ On July 5, 1912, Capt. C. Chandler and Lts. T.D. Milling and Hap Arnold were the first to qualify as military aviators.

■ On July 8, 1966, the 21st Composite Wing (predecessor to the 21st Space Wing) was activated at Elmendorf Air Force Base, Alaska.

Information courtesy of Staff Sgt. Trisha Morgan, 21st Space Wing History Office

News

Slow down, be smart over holiday weekend

By Sandra Mock

21st Space Wing Safety Office

2002 has been an unfortunate year for Air Force fatalities. There were 71 fatalities by June 28, compared to 42 by this time last year. Of the 71 fatalities, three were Air Force Space Command members.

There have been no fatalities in the 21st Space Wing so far this year.

"We've been preaching to the base to look out for one another," said Tom Quinn, 21st Space Wing Safety Office.

Brig. Gen. Duane Deal, in a May safety message, said there is a fundamental test you should use if you are concerned about a task you are going to take on. It's called the "4 D" test. The "4 Ds" are dumb, dangerous, different and dull.

"If the answer to any of the '4 Ds' is 'yes', then scrutinizing the task for safe practices must become second nature," Deal said in his message.

The first weekend of summer brought with it three separate car accidents that resulted in seven Air Force

people losing their lives.

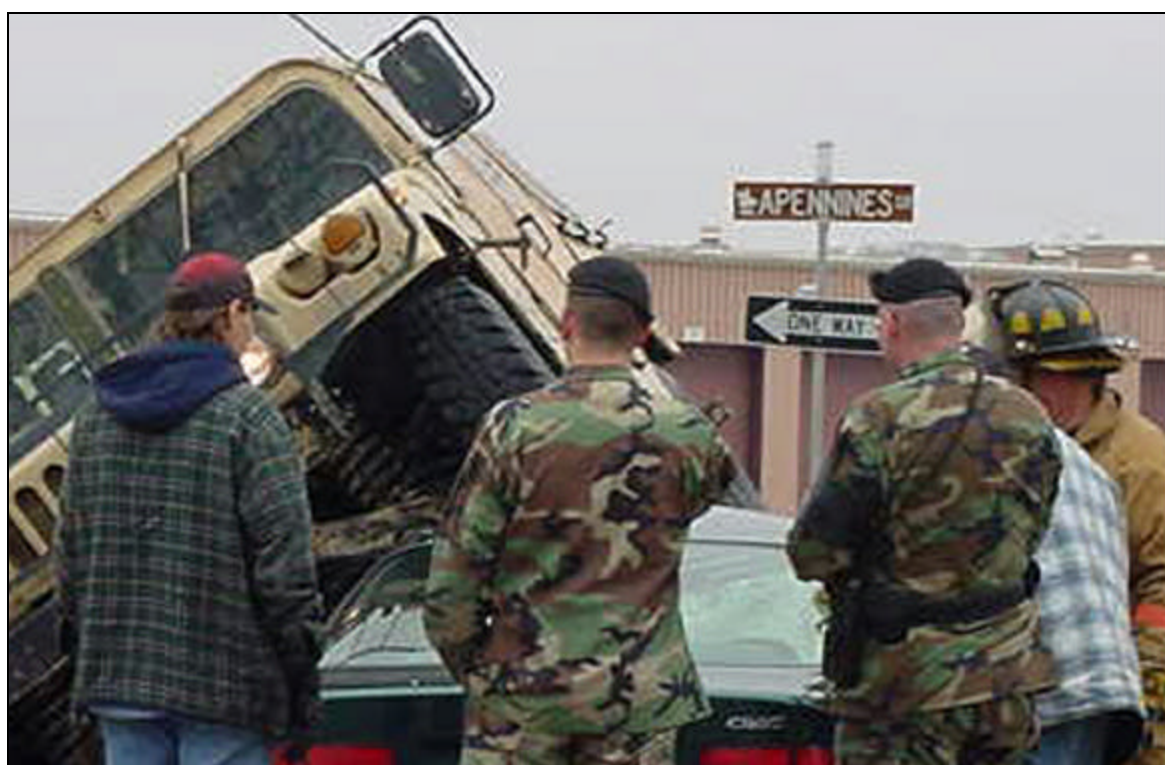
The first mishap over the June 22-23 weekend was a weather-related single car accident that occurred during a storm in Jacksonville, Fla. It killed a young staff sergeant from the Florida Air National Guard's 125th Fighter Wing.

In the second accident, an airman and his two passengers died when their automobile hit a concrete overpass. All were stationed at Shaw Air Force Base, S.C.

The third accident involved a vehicle driven by a lieutenant, who crossed the centerline of a highway near Ciudad Acuna, Mexico, and hit a bus head-on, killing himself and two passengers. All three were stationed at Laughlin AFB, Texas. Preliminary indications are excessive speed and loss of control contributed to the last two accidents.

The typical victim identified in recent off-duty accidents is male, 26 years old or younger. Three major factors seem to play a big part in many of the mishaps: speed, alcohol, and darkness.

According to Air Force



Courtesy photo

According to the 21st Space Wing Safety Office, many accidents are with privately owned vehicles, but some do involve government vehicles.

studies, younger members have limited driving skills, in part because of a decrease in driver education classes, once a traditional rite of passage in high school.

Personal risk management needs to become an automatic action every time someone plans to do something or travel somewhere.

PRM means asking, "What can go wrong?" and "What will I do if it does?" These two questions are the most important part of PRM, and the answers could save a life. Here at Peterson, PRM is taught in briefings, articles written for the paper and Web page, and by unit safety representatives and commanders.

"We constantly push everybody to plan before they go away for a long weekend," said Quinn.

Officials hope to combat accidents and fatalities with a major overhaul of Air Force driving safety programs, including a curriculum customized to each individual's driving life cycle.

The commanders, first sergeants, and supervisors play a vital safety role in their organizations. They set standards, ensure personnel adhere to those standards, and take action if they don't. They also lead by example, wear seatbelts, follow the speed limit, use PRM and look out for one another.

"Now, with the July 4 holiday coming up, it's time to pause and think 'How can I plan a safe weekend'," said Quinn. "We don't want any Peterson or Air Force people to be those statistics come Monday morning."

The '4 D' test: Is it

... Dumb? -- Performing electrical work standing in water comes to mind.

... Dangerous? -- Any handling of weapons, driving in adverse conditions, and similar circumstances come to mind.

... Different? -- Here, different means deviating from normal, routine procedures.

... Dull? -- Dull are those seemingly monotonous tasks that may lull us into a false sense of security.

Use this test and be careful over the 4th of July holiday weekend.



Courtesy photo

Regardless of how careful someone is, accidents happen.

News Briefs

SPACE OBSERVER SURVEY

Here's your opportunity to tell the newspaper staff what you like and dislike about the *Space Observer*. This survey is designed to help the *Space Observer* staff put information you want in the paper.

Log onto http://www.afnews.af.mil/internal/survey/survey_index.htm

For more information on the survey, call Staff Sgt. Josh Clendenen at 556-4351.

WATER RESTRICTIONS

Due to severe drought conditions, Peterson Air Force Base and Colorado Springs have gone to Stage II water restrictions.

During Stage II, residents should only water their lawns in the early morning or late evening. If you live in an even numbered house, you can water

on Sunday, Wednesday, and Friday. Odd-numbered houses can water on Tuesday, Thursday and Saturday.

Watering is not permitted Mondays, and excessive water use will be closely monitored.

Also during Stage II, the car wash will be closed Tuesdays and Wednesdays. If Phase III is implemented, the car wash will be closed.

Watch the base marquees, the Commander's Access Channel, and the *Space Observer* for the latest water restriction stages and changes.

TAXIS AND FOOD DELIVERY

The 21st Security Forces Squadron has developed a process to allow local city bus routes, taxis, and food delivery drivers on base.

Provide the driver with an accurate phone number so the entry controller can call you when the food is at the gate.

Once the delivery is verified, the driver will be allowed on base. If you are unreachable, the delivery will be turned away.

All taxis entering base will be searched.

For more information, call Security Forces at 556-4000.

ALS OPENING

There is a job opening at the Peterson Air Force Base Airman Leadership School.

The school is accepting applications for a Flight Chief. Applicants must be at least a master sergeant with an associate's degree or the ability to finish one within a year. Applications will be accepted through Aug. 15.

For more information or to find out what to include in the application package, call Master Sgt. Joey Quiroz at 556-7737 or Tech. Sgt. Kevin Allen at 556-4940.

SENIOR NCO WORKSHOP

There will be a two-day senior noncommissioned officer workshop Aug. 8-9, 7:30 a.m.-4:30 p.m., at the Enlisted Club.

For more information call Master Sgt. Kristin Clark at 556-8474.

EMERGENCY LIGHTS

The 21st Civil Engineer Squadron Fire Protection Flight has moved into its new building which is now fully operational.

Among the new amenities the fire department has are emergency lights placed in different locations around the building. The lights notify drivers and pedestrians when emergency vehicles respond to a call.

The 21st CES needs base members to suggest ways to make the lights more noticeable. For more information on the lights or to make a suggestion, call 556-7774 or 556-4242.

Air Force pulls out all stops

By 1st Lt. Mike Andrews
[21st Space Wing Public Affairs](#)

In the remote corners of the globe, separation from friends and family is one of the hardest parts of an assignment.

For one security forces airman assigned to the pass and registration shop at the 12th Space Warning Squadron, Thule Air Base, Greenland, the separation from family recently took a dramatic turn.

Senior Airman Joni Swearson was notified through the Red Cross May 25 that her mother had suffered a heart attack in Minot, N.D., and was not expected to survive.

Swearson's orderly room sprang into action, preparing emergency leave paperwork. Even with the support of the Chief of Security Forces, 1st Lt. Rachel Orosz, the Security Forces Superintendent, Master Sgt. Roger Sams, and the First Sergeant, Master Sgt. Craig Lincoln, the challenge wouldn't be getting the leave approved, but finding transportation to North Dakota.

Normally, there are only two flights into Thule each week, so the very real possibility of having to wait for one of

those flights jeopardized Swearson's chances of being able to see her mother again.

Col. Craig Whitehead, then 12th SWS Commander, directed the Airfield Operations Flight commander, Capt. Eric Suciu, to contact the Tanker Airlift Control Center at Scott Air Force Base, Ill., for any possible flights. The TACC found a C-17 cargo aircraft on its way back to the U.S. from Europe.

Whitehead explained the situation and, working with the aircrew, was able to divert the aircraft to Thule to pick up Swearson. By diverting, the aircrew was not only available to pick up Swearson, the northerly route also allowed the crew to cut nearly four hours from their flight time.

"Senior Airman Swearson faced a hard challenge with the news of her mother's heart attack, and I'm glad that her Air Force family was able to help get her back to her family and her mother," said Whitehead.

During the crew's short stopover, Whitehead briefed the crew over breakfast at the Dundas Dining Hall.

The pilot determined that the aircraft's flight plan would take them directly over Minot,

so the 5th Operations Group at Minot was called about the possibility of opening the airfield for a landing. Lt. Col. Harry Bender, 5th OG Deputy Commander, received the request through a call from the operations center. He was briefed on the situation and approved the flight to land. But approving the landing was just the beginning of the challenge for the 5th. Working out the logistics was something else.

The runway at Minot is normally closed Saturdays and Sundays, so opening the flightline required coordination and notification of all needed personnel.

Lt. Col. John Stuwe, 5th Operations Support Squadron Commander, was responsible for getting airfield operations, air traffic control, and security forces prepared to meet the plane carrying Swearson.

When the plane landed, security forces performed their customs duty before Swearson could disembark. When she stepped off the plane, Bender was waiting there to greet her and to personally drive her to Trinity Hospital in downtown Minot to be with her mother and family.

"Our folks at Minot displayed great teamwork by tak-



Photo by Capt. Don Kerr

Thule Air Base, Greenland, from atop Mt. Dundas.

ing care of one of our Air Force members during her time of need, from all aspects of opening the airfield and landing the aircraft, to performing security and driving Senior Airman Swearson to meet her family at the hospital," Bender said.

Her family was shocked, but very pleasantly surprised, to see her. From the time she received the emergency notification until she walked into her mother's hospital room was less than 27 hours.

"It was absolutely amazing," Searson said. "Team Thule really pulled together and showed me what teamwork is all about."

"I am so indebted, and so lucky to have such caring and compassionate leaders," Swearson said. "People like Colonel Whitehead, Captain Suciu, Lieutenant Orosz,

Sergeant Sams, and Sergeant Lincoln went above and beyond anything I've ever seen before.

"(Support officer) Lieutenant Colonel (Lennie) Bane and Chaplain (Maj. Darrell) Clark were very supportive, and Major Harris (crew commander of the C-17) and Colonel Bender were just great.

"Without the help of everyone to get me home, it would never have been possible," she said. "I want everyone to know how great the Air Force can be."

Swearson's mother is doing better, and Swearson has been able to return to her duties at Thule where she said, "I just hope one day I'll be able to repay everyone at Team Thule for their kindness."





Photo by Tech. Sgt. Jim Varhegyi

Finch retires

Chief Master Sgt. of the Air Force Jim Finch (right) looks on as Air Force Chief of Staff, Gen. John P. Jumper (left), presents flowers to Finch's wife, Patricia, during her husband's retirement ceremony at Bolling Air Force Base, D.C., on June 28. Finch finished his 28-year career by serving as the 13th Chief Master Sergeant of the Air Force.



Photo by Tech. Sgt. Alex Lloyd

V.P. is Pete VIP

Vice President Dick Cheney speaks to a U.S. Forestry Service worker about the efforts to contain the Hayman Fire during Cheney's short lay-over at Peterson Air Force Base, June 23.

A T Y O U R S E R V I C E

Weekend rafting trips offer something for all

By Tech. Sgt. Michael Phillips
21st Space Wing Public Affairs

Whatever your speed, whether it's the excitement of crashing head-long through the rapids, or a leisurely float down a peaceful stream, Peterson's Outdoor Adventure Program has the river rafting trip for you.

Rafting trips to Parkdale and the Royal Gorge are scheduled for each weekend through September, water permitting. The Parkdale trips cost \$45 per person, and are recommended for ages 8 and older. Raft trips to the Royal Gorge, recommended for those age 16 and older, cost \$55. These fees include rafting gear, camp-style meals, camp fees and round-trip transportation.

"We recently got an e-mail letter from the Arkansas Headwater Recreation Authority, which handles the water flow," said Randall Greenfield, director of Outdoor Recreation. "They're no longer going to release dam water. There's no guarantee that we'll be able to hold trips as scheduled, but it still may be a viable program."

"It's a day-to-day situation where we go to the Web site and see what the water flows are," he said.

The American Whitewater Affiliation follows an International Scale of River Difficulty to rate each trip. Ratings range from Class I, the smallest rapids, with very slow current and no obstructions, to Class VI, which are extremely dangerous rapids.

"Our trips are on the Arkansas River," said Greenfield. "We don't do anything that's a Class V or greater – just for liability and risk. The Parkdale stretch (of the river) is mostly Class III,



Courtesy photo

Outdoor Recreation offers white water rafting trips down the Arkansas River through Parkdale and the Royal Gorge.

so it's intermediate. The Royal Gorge stretch is a Class IV plus.

"In both cases, we have trained professional guides in all the boats," Greenfield said. "These are individuals that have numerous training certifications in rescue and river rafting. For example, to be a raft guide through the Royal Gorge requires 1,000 prior hours of guiding experience – not just river experience, but guiding experience."

Rafters meet in the parking lot between McDonald's and the Commissary at 7 a.m. on the morning of the trip. From there, they are taken to Outdoor Recreation to be fitted with life jackets, helmets, and wetsuits.

Prior to all river trips, professional river guides give an orientation and a 20-minute safety talk, discussing the river and the proper use of the equipment. There is also an "Assumption of Personal Liability" form to be read and signed prior to the trip. Adults must sign a form for each child on the trip.

"Customers are treated with kid

gloves but, at the same time, they have to understand that it is a risk-taking activity," Greenfield said. "We make sure that all our guides are trained professionally and have certifications that are current in all their skills – knowing how to rescue, save, and knowing how to read the river properly."

Customers don't need prior rafting experience. "With the guides and the equipment we provide, amateurs can go," Greenfield said.

"There's also a boatman's briefing given at the river, just before the boat is put into the water," Greenfield said. "That lets customers know how to operate the boat, and various commands that the boatman will need to relay to the crew (customer) during the trip."

"Bring a towel and shoes that you don't mind getting wet," Greenfield said. "Because you're guaranteed to have wet feet."

For information on the rafting trips, call Outdoor Recreation at 556-4867.

This Week

Friday

■ The Teen Center will be closed.

Monday

■ Mothers on the move exercise group. Call the Family Advocacy Center for times and locations.

Tuesday

■ Sponsorship training, 7:30-8:30 a.m., at the Family Support Center.
■ Headquarters Air Force REDUX briefing, 1-4 p.m., at the Family Support Center.

Wednesday

■ Going overseas briefing, 8-9 a.m., at the Family Support Center.
■ Smooth move summary, 9-9:30 a.m., at the Family Support Center.
■ Applying for Federal Civilian Service, 11:30 a.m.-12:30 p.m., at the Family Support Center.

Thursday

■ Job orientation, 1-2:30 p.m., at the Family Support Center.
■ Play group, 10:30 a.m.-noon, at the chapel.

July 12

■ PREP couples' communication, 8:15 a.m.-3:30 p.m., at the Armed Services YMCA.
■ 5K fun run, 11:30 a.m., at Cheyenne Mountain Air Force Station.

Helpful Numbers

■ Family Advocacy 556-8943
■ Education Center 556-4064
■ Library 556-7462
■ Community Center 556-7671
■ Aquatics Center 556-4608
■ Fitness Center 556-4462
■ Officers' Club 556-4181
■ Enlisted Club 556-4194
■ Youth Center 556-7220
■ Family Support 556-6141
■ Red Cross 556-9201
■ Aragon Menu Line 556-4782
■ Outdoor Recreation 556-4487

This Week

Base CALENDARS

At the Officers' Club	June 28-- Live Maine lobster, \$15.95 for members	July 10-- Mongolian barbecue, 6-8 p.m.	July 11-- Crab legs, \$16.95 for a pound of Alaskan crab legs	July 20-- Gourmet dinner night, reservations required
At the Enlisted Club	July 3-- Mexican food buffet, 5-7 p.m., \$5.95 for members	July 17-- Membership night, 5-7 p.m.	July 18-- Mongolian Barbecue, 5-7 p.m.	July 24-- Oriental food buffet, 5-7 p.m., \$5.95 for members
At the Base Chapel	Protestant Liturgical Worship 8:15 a.m. Traditional Sunday Worship 11 a.m. Gospel Services 12:30 p.m.	Catholic Weekday Mass 11:35 a.m. Saturdays 5 p.m. Sundays 9:30 a.m. Reconciliation Saturdays 4 p.m.	Religious Education Sunday programs resume after Labor Day	*For more information Call the chapel at 556-4442 for more information on chapel programs.

Sports Feature

Spin your way to ergometry success

Story and photos by
Master Sgt. D.K. Grant

21st Space Wing Public Affairs

If you failed your last ergometry (bike) test, raise your hand. You're not alone. But you don't have to be one of the crowd. With some help from the Health and Wellness Center and the Sports and Fitness Center, you can change your ergo score, and you might even change your entire life.

If you're rolling your eyes in annoyance or disbelief, again you are not alone. Many mandatory fitness program clients who spin twice per week don't do so because they want to, and many come to the program angry, resentful, and frustrated, according to HAWC exercise physiologist Cindy White.

However, according to White, the vast majority of spinners who follow HAWC guidance end up increasing their ergo score by as many as 20 points. For many who wiped out on their bike test, 20 points is more than enough to bring them up to passing.

The HAWC offers an Introduction to Spinning class every Wednesday and the fitness center offers 21 different spinning classes every week. The fitness center spinning room (next to the free-weight room) has 30 bikes, too, so those who need to bring their ergo scores up have ample opportunity to get rolling.

So, what is spinning and why does it help? It's like stationary biking with a twist or, more accurately, like instructor-led aerobics on a stationary bike.

Spinners are led by a certified instructor who talks them through the terrain, telling them when to increase the tension (resistance) on their bikes, when to decrease it, when to pedal faster or slower, when to stand up and pedal, and when to sit back down (and even when to coast).

The maneuvers are intended to mimic actual behavior riders experience when biking around the countryside, up and down hills, and on mountain paths.

Spinners seem better equipped to pass the ergo test than people who do cardiovascular work on their own, and that's another source of frustration for some new HAWC clients,

according to White.

Why is it that people can do a daily cardiovascular workout and still not pass? White's theory is that many people achieve a heart rate comfort zone during their workout, and then maintain that level.

Without peaks (85 percent of maximum heart rate) and valleys in their workout, they aren't really developing a strong cardiovascular system, and it is the peak-and-valley interval workout achieved during interval spinning that has consistently helped people pass their bike test.

"We were the first Air Force installation to implement the spinning program," White said, explaining her theory. "Initially, we started with 10 people who had never been able to pass the (ergo) test. Six weeks into the course, nine out of 10 passed."

That success has been repeated time and again, although six weeks is the minimum time that White advises people to spin (two times a week) before expecting to see changes.

"We recommend that people give it three to four months before they are ready to test," she explained. With the exception of those who are genetically incapable of passing the test, those who diligently spin are going to see significant improvement.

How do people become mandatory clients? Military members who fail their annual ergometry test twice are entered in a self-paced improvement program, during which they engage in whatever fitness activities they choose.

At the end of that six months, if they still fail the ergo test, they are enrolled in the mandatory program. Those members will visit the HAWC for an assessment, take a Wednesday spinning intro class, and then must attend two spinning classes per week.

Spinning isn't just to help people get their ergometry scores up to par, though. According to White, for many people, spinning opens the door to a new, healthier lifestyle and outlook. One mandatory client, some time ago, proves her point.

"He hated it. He was angry that he had to come in for mandatory training, and one day –

See **SPINNING**, Page 9



Health and Wellness Center fitness guru Cindy White leads a group in an Introduction to Spinning class.



Cindy White, left, explains how to adjust the spinning bike seats for intro to spinning students Marge Desormeaux; Airman 1st Class Holly Krejci, 3rd Space Operations Squadron; and Capt. Chris Hileman and Tech. Sgt. Jeffery Kustanbaur, 1st SOPS.

Star Performer:

Senior Airman Joel-Robert Orzal

Unit: 21st Communications Squadron
Hometown: Las Vegas, Nev.
Time in service: Four and a half years.

Senior Airman Joel Orzal has been assigned to the 21st Communications Squadron since August, when he retrained into the Communications-Computer Systems Planning and Implementation career field.

Prior to retraining, he was a firefighter stationed at Ramstein Air Base, Germany.

Orzal manages the three-person communications and information requirements section, which is responsible for receiving, analyzing and implementing all Peterson Air Force Base communications and information requirements for secure and non-secure communications systems.

He monitors the status of all base-level civil engineer work requests for program and project-related allied support constructions, and is the focal point for processing and approving civil engineering digging permits.

He’s also expanded his horizons and requested utilization in the project management arena. It is there that he attends project review and design meetings to ensure a communications presence for all major and minor construction projects, guaranteeing the customers’ communications needs are addressed and met.

He has been involved with base projects like the new



Photo by Rob Bussard
Senior Airman Joel-Robert Orzal, 21st Communication Squadron.

fire station and space situational integration office, the 21st Security Forces administration and reports section relocation, and the 21st Space Wing conference room upgrade.

Aside from work, Orzal is a role model for young airmen. He was elected as the squadron booster club president, was instrumental in organizing the squadron holiday party, and ran the squadron concession booth at Falcon Stadium during the U.S. Air Force Academy graduation.

He was one of seven members who volunteered to repaint the gymnasium at Monroe Elementary School ,and he represented the base during the March of Dimes Walk For Babies.

He was named the squadron airman of the quarter for the first quarter this year. He garnered the John L. Levitow honor graduate award while at Airman Leadership School.

(Courtesy of the 21st Communications Squadron)

Sports

SPINNING: *Pedaling your way to success*

From Page 7

after several weeks -- I asked how he liked it so far and he said he still hated it. He was honest -- and that was fine -- but he kept spinning," White said.

Within a year, that client lost 35 pounds and raised his ergo score from 25 to 52. But that's not the end of his story.

"He's out of the Air Force now and he teaches it (spinning) downtown."

Who shouldn't spin? Nobody, White believes. Unless someone has a medical prohibition, spinning is a perfect cardiovascular exercise for all people, whatever their age, ability, fitness level, or fitness focus.

White reminds spinners that they should also cross-train (weights, sports, and other cardio pro-

grams) to round out their twice-a-week spinning.

"Spinning is low impact and you control your own resistance," she said, "so it's great for anyone who has been cleared for cardiovascular exercise."

For those who think they'll be easily bored with just interval spinning as a cardio outlet, other spinning classes are offered as well, White said.

The *beginners* spinning class (Intro to Spinning) is not required, but highly suggested. It introduces newcomers to the complexity of the spinning bikes (which are not like the stationary bikes in the Colorado Room at the gym).

Interval spinning is good training to help develop the cardio system, and it's especially useful in preparing people for their ergometry test. It emphasizes speed, timing, rhythm, and includes high-speed

flatland pedaling, acceleration drills, recovery stretches and more.

Strength spinning offers a good workout for people who are involved in sports, like skiing, basketball, baseball and others. It involves steady, consistent pedaling with heavy tension/resistance.

Finally, *endurance* spinning is good for high-performance athletes, like cross-country runners or climbers. It trains the body to more efficiently metabolize fat and to maintain a comfortable long-distance pace.

When there is so much benefit, there must be a price, right? No. The spinning orientation at the HAWC and spinning classes at the fitness center are free to anyone eligible to use the facilities -- another valuable military benefit.

